

Breakfast

Eggs - scrambled, omelette, poached, fried	70 baht
add Cheese, Mushrooms or tomatoes	20 baht each
Muesli Fruit Yogurt	100 baht
Pancake	100 baht
served with fresh fruit and your choice of honey or yogurt	
German Brown Bread Toasted	30 baht
2 slices of German bread with your choice of toppings:	
Hummus	30 baht
Cheese	30 baht
Avocado	50 baht
Tomatoes and cucumber, basil, pesto	20 baht each
Jam	20 baht
Porridge	80 baht
made with either water or soy, coconut or cows milk banana and honey	
Porridge with everything	100 baht
with your choice of milk and shredded coconut, raisins, banana and honey	
Parfait (GF)	150 baht
raw bliss ball layered with yogurt and fresh fruit	
Seasonal Fruit Plate (V, GF)	100 baht
Scrambled Tofu with Vegetables (V)	100 baht
The Breakfast Bowl (R, V, GF)	150 baht
Shredded coconut and apples mixed in cashew milk topped with a medley of nuts, seeds and raisins and a drizzle of local honey	
Add goji berries, cacao nibs or ground flax	20 baht each
Cacao Power Bowl (R, V, GF)	170 baht
Fresh papaya and mango (or banana) mixed with shredded coconut served with a medley of nuts, seeds and raisins and topped with cashew milk and cacao powder	
Banana Boat (V)	100 baht
A halved banana served on a banana leaf served with your choice of either - Tahini with hemp protein Almond butter with cacao nibs	
Coco Loco (R)	130 baht
Chopped banana, Cacao truffle and peanuts served inside a fresh coconut with the coconut water on the side	

The Yoga Retreat - Menu



Soups

Pumpkin (GF, V)	80 baht
A creamy soup made with blended pumpkin and spices.	
Mixed Vegetables (GF, V)	80 baht
A medley of vegetables cooked in a yummy broth.	
Noodle Soup with Vegetables (GF, V)	100 baht
Noodles with a medley of vegetables in broth	
Tom Yum Soup (V)	100 baht

Thai Dishes

Pad Thai	100 baht
Stir-fried noodles with vegetables, egg and peanuts	
Pad Pak Roam	100 baht
Fried mixed vegetables and your choice of mushroom or oyster sauce	
Pad Kaprow	100 baht
Fried tofu or vegetable with chilli and basil (medium spicy)	
Massaman Curry (GF, V)	100 baht
Potatoes cooked in creamy coconut milk with curry spices	
Red or Green Curry (GF, V)	120 baht
Vegetables cooked in coconut milk with curry spices	
- add Brown Rice	40 baht

Specials

Tofu Burger (with salad) 200 baht

see the specials blackboard
for weekly specials and our buffet nights!

Pasta

choose between Spaghetti or Penne
and
traditional marinara sauce or home-
made pesto
120 baht

Desserts

Raw Bliss Ball	70 baht
Nuts, seeds, coconut, dates, goji berries and cacao nibs	
Raw Cacao Mango Pie	100 baht
raw cacao mousse with a cashew nut base and mango puree topping	
Raw Chocolate Mousse	100 baht
Chia Seed Pudding	120 baht
various seasonal flavours - see specials blackboard for details	

Salads and Raw Dishes

Mango Salad (GF, V, R)	190 baht
A vibrant mango salad with lettuce, carrots, cucumber, tomatoes, onion, grated beetroot, celery, mixed seeds and walnuts topped with pesto	
Apple Salad (GF, V, R)	100 baht
Grated carrots, apple, beetroot and mint served with a tahini dressing	
Hummus Salad (GF, V)	120 baht
Mixed salad greens with cucumbers, carrots, tomato and a big scoop of homemade hummus.	
Brown Rice Hummus Salad (GF, V)	160 baht
Hummus salad but with whole grain brown rice 'berry' for a those who need a bit more oomph!	
Tofu (GF, V) or Egg (GF) Salad	150 baht
Mixed salad greens with cucumbers, carrots and tomato with hummus	
Som Tam (GF)	100 baht
Spicy papaya salad with peanuts; a Thai classic	
The Vegetable Wrap (R, GF, V)	100 baht
Fresh veggies, mango and a homemade nut & herb pate wrapped in a nori sheet	
add avocado	40 baht
Raw Pad Thai (R, GF, V)	120 baht
Shredded Zucchini or cucumber, carrot and tomatoes topped with a homemade sesame seed sauce	
Raw Zucchini Pasta (R, GF, V)	150 baht
Spiralised zucchini noodles with sprouts, served with your choice of either:	
· Marinara homemade, raw tomato sauce	
· Thai Basil Herb & Nut Pesto sauce	